

Ottawa metro

Pope offers book of answers
(to kids' questions)
metroLIFE



TUESDAY, JANUARY 26, 2016

High 4°C/Low -4°C Flurries, then rain



SHEAR JOY

Ice carvers add
finishing touches before
Winterlude kicks off
metroNEWS

Ice carver Michal Mizula
cleans up his sculpture.
HALEY RITCHIE/METRO

Province OK'd male-only Saudi campuses

EDUCATION

Admission up to Niagara and Algonquin, minister says

The Ontario government said Monday it allowed two provincial colleges to create male-only campuses in Saudi Arabia but added that gap in the approval

process will be closed.

Reza Moridi, minister of colleges and universities, said that Niagara and Algonquin colleges applied to his ministry to establish the two Saudi campuses and were given the green light by a previous minister in 2008 and 2012.

However, Moridi said the province's responsibility was to approve financial plans for the two Saudi expansions, and it was up to the colleges to de-

termine who was admitted.

"We see there is a gap in the process between the parts that are left for the boards of governors at the colleges to approve and the other parts that are on the government's side to approve," he said. "We want to talk with the sector to make sure that gap is eliminated."

John Milloy, Moridi's predecessor as minister of training, colleges and universities when Algonquin and Niagara applied



**I do not ever
recall any talk of a
male-only campus.**

John Milloy

to open their Saudi campuses, said he doesn't remember any discussions about them excluding women from classes.

Premier Kathleen Wynne said

Friday she'd just learned that the Saudi campuses of the two Ontario colleges did not admit women, a situation she called "unacceptable" as she asked Moridi to investigate.

The opposition parties called it a "stretch" for Wynne to say she didn't know that Algonquin and Niagara were operating male-only Saudi campuses.

Algonquin said it lost a bid to establish a women's college in Saudi Arabia — where Shariah

law forbids educating men and women in the same class — and questioned Wynne's criticism of its male-only campus in the city of Jazan.

"Since the beginning, Algonquin has been open and transparent about the college's work in Saudi Arabia ... providing regular updates to our board and to the Ontario government," said Algonquin's Scott Anderson.

THE CANADIAN PRESS

OPEN HOUSE

January 27, 2016
4:30 to 7:30 p.m.



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SOCIAL MEDIA

Hijab Day comments 'offensive'



Lucy Scholey
Metro | Ottawa

An Ottawa group's invitation to wear a hijab in solidarity with Muslim women has spurred dozens of anti-Islamic and xenophobic comments on social media.

The City for All Women Initiative (CAWI) posted details for "Ottawa Hijab Day" on its Facebook page on Friday. On Feb. 25, women are encouraged to wear the traditional headress as a show of support and respect for Muslims.

As of Monday, more than 40 people had commented on the event — and most scoffed at the idea or posted anti-Islamic notes.

CAWI says it's "outraged" by the "offensive" comments and will take them down.

"We believe that women should have the right to choose what they wear," said Tong Zhao-Ansari, the group's community engagement coordinator, noting that people have a right to their opinion but there's a "bottom line."

Not all the posts were offensive, however. "Don't let these negative comments detract from the important work you do. They are exactly the reason why this type of work and these types of conversations need to take place."

Ian Campeau, of DJ collective A Tribe Called Red, also weighed in by pointing to the Canadian Constitution's section on fundamental freedoms, which includes religion.

World Hijab Day, which started on Feb. 1, 2013, is intended to raise awareness and nurture religious tolerance by encouraging women to wear the headress for one day.

Alia Hogben, executive director of the Canadian Council of Muslim Women, was not shocked about the Facebook comments.

"We hear it all the time," she said.

The organization does not see the hijab as a religious requirement, but believes it's up to each woman to decide whether or not to wear the garb. Hogben said almost half of Muslim women do not cover their hair, so donning it is not a necessary act of solidarity. "There are so many (other) ways," she said.

LeBreton Flats proposals get unveiled to the public

DEVELOPMENT

Groups will be available for questions at open house



Michael Woods
Metro | Ottawa

After months of rumours, secrecy and suspense, members of the public will finally get to see the two visions for the redevelopment of LeBreton Flats

this afternoon.

The proposals by Rendez Vous LeBreton Group, which includes the Ottawa Senators, and DCDLS Group will be on display at the Canadian War Museum starting at 4 p.m., with the groups on hand to present their ideas and answer questions.

"We've worked on this process for the redevelopment of LeBreton Flats for almost two years. Finally, we can show the results," NCC CEO Mark Kristmanson said last week. "I'm sure we will have a lively, interesting debate. I hope people are impressed by the work done

by the two groups."

The bidders have been sworn to secrecy, but several reports have said both plans include NHL-calibre arenas and a new central public library.

That has led some, including Mayor Jim Watson, to express disappointment at the lack of diversity among the bids.

Watson was briefed on the proposals on Monday.

Kristmanson has declined to go into details, but called the proposals "serious, thoughtful and interesting."

"I think people will have a lot to say and a lot to think about,"

+ CONTENDERS

The NCC received five bids, one of which was disqualified because it didn't meet the criteria. Of the four finalists, only two submitted final proposals by last month's deadline.

he said.

The NCC is not obligated to approve either bid.

Today's open house starts at 4 p.m. There will be separate rooms dedicated to each of the

proposals. There will be formal presentations by the groups at 6 p.m., followed by a question-and-answer session.

On Wednesday, the open house will continue from 8 a.m. to 9:30 p.m.

Today's reveal is a long time coming. The land in question — once a bustling industrial community — was expropriated nearly 50 years ago. It was razed for redevelopment and has sat empty since.

The NCC issued a request for proposals to redevelop the 9.3-hectare parcel of land in November 2014.



ONTARIO PROF DELIVERS FIERCE LECTURE ON NATURAL HISTORY

Carleton University professor Michael Runtz and his stuffed wolverine, Hugh, take a walk through campus after leading a lecture together about Ontario's natural history. Runtz said Hugh helps students understand the scale of diversity in this province: not only do we boast wolverines, foxes and wolves, but also polar bears and beluga whales. Runtz said wolverines are elusive, but thrive in the lowlands around the Hudson's Bay basin. EMMA JACKSON/METRO

ONTARIO

Election interrupted auto insurance vow: Minister

Ontario's finance minister was hard-pressed Monday to explain why he continued to declare publicly that the government would meet an election pledge to cut auto insurance rates despite being aware that keeping the promise would be challenging.

The Liberal government failed to cut auto insurance rates by 15 per cent by its self-imposed deadline of August 2015 — a

promise that was part of a deal to get NDP support for the 2013 budget when they were still a minority government.

Premier Kathleen Wynne said last week that her government "always knew it was a stretch goal."

The opposition parties said this was news to them, as the government consistently held out the promise as an achiev-

able one.

When asked about Wynne's "stretch goal" comments Monday before a cabinet meeting, Finance Minister Charles Sousa noted that the 2014 election delayed the passage of legislation the government said would reduce rates for drivers.

"The moment we came into an election, the moment the delays were occurring, we knew that we

were going to have challenges," he said Monday.

But when the government introduced the legislation aimed at tackling insurance fraud and inflated towing costs in July 2014, following the election that gave the Liberals a majority, Sousa insisted the 15 per cent goal could be met by the following August.

In October of 2014 Sousa again said the target could be met.

When the legislation passed the next month, Sousa still spoke of the August 2015 goal and did not suggest it couldn't be met.

The second-quarter rates for 2015 were posted in July and had only declined on average by 6.46 per cent since August 2013. Sousa said the plan to tackle fraud and cut costs was working, but the government wanted to "go even further." THE CANADIAN PRESS



Pro golfer Andrew Jensen addresses a crowd at Carleton University on Monday. The Ottawa-born athlete has attempted suicide three times, and is now a mental health ambassador for the Bell Let's Talk campaign. EMMA JACKSON/METRO

Erasing stigma of mental illness

BELL CAMPAIGN

Pro golfer speaks openly about pains of depression



Emma Jackson
Metro | Ottawa

We all have pain, and we should be able to talk about it — even if that pain comes from your brain.

That's according to professional golfer Andrew Jensen, who spoke at Carleton University on Monday ahead of the Bell Let's Talk campaign this Wednesday.

The Ottawa-born athlete has struggled with depression since he was about 13, and first attempted suicide when he was 16.

Years later, as a professional golfer, his suicidal thoughts returned. His self-worth was tied up in his golfing success, he said, and he wasn't playing well.

In 2011, Jensen tried to overdose on his medication. Several weeks later, he tried to jump off a 12-storey building.

Luckily, he didn't.

Today, he relays his story across Canada as an ambassador for the Bell Let's Talk campaign, which raises money and awareness about mental health illnesses and the stigma that can come with them.

This Wednesday, Bell Canada will donate \$0.05 for every tweet or share using #BellLetsTalk, as well as every call or text from Bell customers.

Going public about his depression was far from easy, Jensen said. Suddenly he was thrown into the public eye, and not for his golf success.

"I'm the golfer who tried to

kill himself," he said.

The stigma he felt was largely self-imposed.

"I was worrying about what people would think of me," he said. He feared his friends would walk on eggshells around him, or that sponsors would consider him a liability. He wondered how he would date with something like that on his "social resume."

When Jensen withdrew halfway through a competition because he was relapsing into suicidal thoughts, he worried that fans wouldn't understand.

"If I had rolled an ankle and withdrew, people would get it," he said.

But the assumption that people would shame or shun him was "so, so, so false," Jensen said.

Honestly, it turned out, was ultimately the best policy — for him and for the people around him.

By being vulnerable and honest, Jensen said, he was able to accept his illness for what it was, and to feel comfortable telling his friends and family how he's feeling.

And he learned to own his illness as something as legitimate as any physical ailment.

He said his treatment — which includes anti-depressants, daily meditation, therapy and a



We all hurt, we all have pain, we all struggle. So why should one in five people in this room ... be treated differently?

Andrew Jensen

+ LET'S TALK

Money talks this Wednesday as Bell Canada prepares to donate \$0.05 for every tweet, text or share in support of mental health programs.

Using #BellLetsTalk, the annual campaign has raised \$23.6 million from social media shares since it launched in 2010. Bell has also donated another \$50 million to mental health programs since then.

The company hopes to hit \$100 million by 2020. So far 450,000 Canadians have received support through a Let's Talk program.

healthy lifestyle — has helped him learn to be "mindful." Mindful of his own struggle, for sure, but also of the pain that others may be facing, as well.

He said that mindfulness has led him to be more empathetic, and to understand that vulnerability is not a bad thing.

"When I'm vulnerable with people, people want to be vulnerable with me," he said.

That just continues the cycle of honest communication that will ultimately break down the walls that still surround mental health, Jensen said.

Jensen's lecture coincides with a new mental health training program for managers, faculty and staff at Carleton, said event organizer Amanda Dobbie.

She said managers will receive the training this February so they are equipped to help their employees deal with mental health challenges.



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Winterlude taking shape



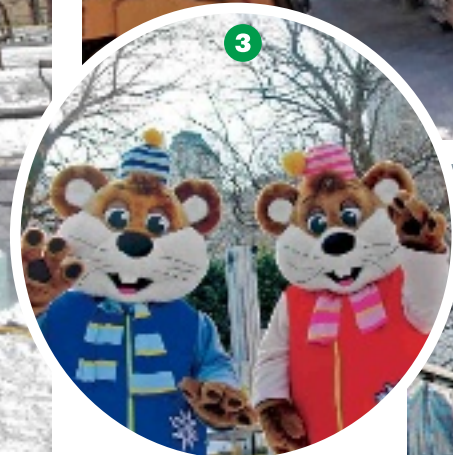
1



2



4



3



5

Haley Ritchie
Metro | Ottawa

1 Ice work — Kenny Hayden and Suguru Kenbayashi work on their own carving.

2 Special tongs

needed — Ice carver Ikuo Kanbayashi hauls a solid block of ice with a special ice tong.

3 Family time — The Ice Hog family joined ice carvers in the park on Monday.

4 Weighty task — A group

of carvers struggles to move a very heavy sculpture into place.

5 Transformed — Confederation Park was transformed over the weekend and will remain "Crystal Garden" for the remainder of the festival.

ALL PHOTOS BY HALEY RITCHIE/METRO

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WINTER TRADITION

Plans in place for weather

Winterlude banners are up, the canal is open and ice is being carved — but, once again, the winter weather isn't cooperating with the city's plans.

"Mother Nature is unpredictable, but we've been doing this for a long time and we do keep an eye on the weather and put in plans depending on what it's going to look like," said Katherine Cyr of Canadian Heritage.

Temperatures for the rest of the week are expected to be as high as 4 C. If freezing rain hits it could damage the ice sculptures before Winterlude kicks off.

"We have a plan to protect the ice sculptures if it warms up and we make decisions as we go," said Cyr. "If we know there is a lot of rain, we can put tents over them."

Cold or not, the 38th Winterlude will kick off with a grand opening on Friday. Ice carvers were busy prepping for the big day in Confederation Park on Monday.

This year's ice carving challenge will celebrate Canadian "flora and fauna" and several large sculptures are already

in place.

Outdoor dance parties with VJs and DJs are a new feature in the Crystal Garden this year. On Friday and Saturday, Gregory Charles and A Tribe Called Red will be kicking off a new concert series in the park.

"Two-thirds of our visitors are from the region, so we try to do something different every year. We mix it up," Cyr said. "It's going to be a great party."

HALEY RITCHIE/METRO

“It's going to be a great party.”
Katherine Cyr

Landlord group launches noise registry

SANDY HILL Complaints can now be forwarded from residents

A landlords organization has created a new tool for Sandy Hill residents dealing with noisy neighbours.

The Eastern Ontario Landlord

Organization has launched a website — noiseinsandyhill.com — in partnership with the Sandy Hill Town and Gown Committee. It hopes it will serve as a link between residents and landlords.

When noise complaints are filed with the city via 311 calls, they are not currently forwarded to landlords due to provincial privacy laws, unless residents find a way to contact the landlord directly.

The new registry looks to

bridge that gap by forwarding noise complaints to the landlords.

“What we’re hearing sometimes is that landlords don’t know (about their tenants’ noise) and would like to so that they can nip these problems in the bud,” said Bob Forbes, a board member of community group Action Sandy Hill and the town and gown committee.

Forbes said residents should first call 311 to report their noise

“

The noise situation is better than it was, but there will always be exceptions.

Bob Forbes

complaints, as they will get a tracking number they can then log on the website.

“It is not a replacement for the reporting noise complaints to 311 and bylaw. It’s a supplement to that,” he said.

The registry does not bind landlords to do anything with the information it will provide, causing concern among some residents who have already contacted landlords but seen little change in their neighbours’ behaviour.

“I think it really depends on the goodwill of the landlord in-

involved,” Forbes said.

“If there is a reputable landlord who wants to be a good neighbour, they can take action.”

As the home of the University of Ottawa, Sandy Hill has grappled with noise issues for years because of its large student population, but the problem has been somewhat alleviated over the last two years due to better bylaw enforcement, Forbes said.

ALEX ROBINSON/METROLAND MEDIA



The game is available as a free download for iOS and Android devices. COURTESY ADRIAN NEVILLE AND KENNETH HUGHES

VIDEO GAME

Bytown Skate and Brawl set in Ottawa



Haley Ritchie
Metro | Ottawa

Dodge tourists and bad ice patches while racing your friends through the Glebe — Bytown Skate and Brawl is an old-school racing game the people of Ottawa will recognize.

Styled after classic Nintendo 8-bit games, the free app lets you race the clock or race a friend in a nostalgia trip that runs the entire length of the Rideau Canal.

Local developers Adrian Neville and Kenneth Hughes, both graduates of Algonquin College, designed the game and released it on iOS and Android to coincide with the canal opening.

“We’re big fans of old-school video games,” said Hughes. “We had a lot of inspiration there for

making a racing game and we chose the canal as the setting because it’s iconic to Ottawa.”

The game gives the choice of three characters controlled by left and right arrows. Get in range of your opponent to deliver a “punch” complete with bloody pixels — something you might want to avoid when cruising the real skateway. Four different courses — The Glebe, Sandy Hill, Centretown and downtown — allow for some change-up in scenery that includes recognizable buildings like the NAC, Shaw Centre, Lansdowne Stadium and the old train station.

“We figured people wouldn’t recognize the canal just from the bends so we decided to add some iconic buildings,” said Hughes. “We added them so Ottawa natives could play it and go ‘Oh I know where that is.’”

CRIME

Police looking for robber
Ottawa police are looking for a knife-wielding pharmacy robber and his getaway car driver.

Police say shortly before closing time on Dec. 19, a man entered a pharmacy along the 1000 block of

Pleasant Park Road and pulled a knife on the clerk. Police say he demanded specific prescription drugs, including Fentanyl.

The man then fled into a waiting vehicle, in which police say two other men may have been sitting. METRO

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Tories' leader touts pipeline

POLITICS

Situation dire in West, says Rona Ambrose



Michael Woods
Metro | Ottawa

The proposed Energy East pipeline is a "nation-building project," Conservative Leader Rona Ambrose said Monday, and the escalating dispute over its fate is damaging national unity.

The Opposition leader was responding to Montreal mayor Denis Coderre announcing the opposition that he and 81 other Quebec mayors have for the TransCanada project.

"For Mr. Coderre to come out and insult Albertans and oppose a pipeline that hasn't even been built yet is unfortunate," she told a news conference Monday. "This isn't in the spirit of Confederation, it's not

in the spirit of national unity."

She invited Coderre, a former federal Liberal cabinet minister, and his colleagues to visit Alberta to hear about the importance of the project for jobs in the region.

"Perhaps Mayor Coderre, when he insulted Albertans, didn't realize what he was doing," she said. "I invite Mr. Coderre to come to Alberta and look at the kind of technology that's used to make sure these pipelines are built safely."



It's not in the spirit of national unity.

Rona Ambrose

Ambrose, at a news conference outlining the Conservative Party's priorities for the coming parliamentary session, also urged Prime Minister Justin Trudeau to show leadership.

"I haven't heard him once

say that these are important projects," she said. "He has not shown the leadership that he should for the people who need to see that he cares."

"We need leadership now on an issue that is affecting the unity of the country."

Ambrose just returned from a 10-day tour of the country, and said she doesn't think the rest of Canada realizes how much falling oil prices are affecting Albertans.

"I don't think some people realize how dire the situation is in Western Canada," she said. "When I was in Calgary, I heard the words 'panic' and 'despair' and I'm not exaggerating."

More broadly, she pledged that the Conservatives will be a "voice for taxpayers" in Parliament. Ambrose also said Trudeau must "move quickly" on his plans to legalize marijuana.

"It's incumbent on him to come forward with a plan to show how he will keep it out of the hands of kids," she said.



Interim Conservative Leader Rona Ambrose speaks during a news conference in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

EDUCATION

Sandals vows to reveal teachers' contracts soon

Ontario's education minister says she wants to release details of teachers' contracts "as soon as possible."

Liz Sandals has answered questions about \$3.74 million in payments to cover negotiating costs for several unions by promising to release the agreements once all are finalized.

As of late last week, central deals had been ratified by all education-sector unions, and Sandals said today she is looking at how to release those details without disrupting ongoing local negotiations.

This round of bargaining was the first in which local and central deals were negotiated separately and the Liberal government has defended the payments as necessary because the transition to a new system made the process quite lengthy.

But Sandals said no other union received payments other than those already reported through the media. THE CANADIAN PRESS

NDP

Mulcair readies for the fight



POLITICAL BUZZ
Jessica Murphy

On a recent crowded afternoon at Brixton's, an NDP watering hole on Sparks Street, Tom Mulcair sits down under a series of portraits of New Democrats, including his own signed image.

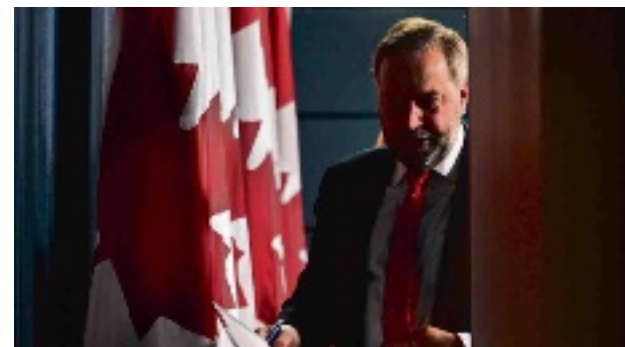
The late Jack Layton looks down; there's Peter Stoffer, a popular MP who lost his seat in the Liberal sweep of Atlantic Canada; another of four young MPs, crowded together and grinning. Most didn't get re-elected.

Mulcair tries to order a ginger beer, but Brixton's doesn't stock anything that fancy — it's a place for a pint — and so settles for a ginger ale.

Since the election, the NDP leader has thrown himself into the restructuring: moving offices, getting the 16 rookie MPs up to speed with the rest of the reduced caucus.

Of the Oct. 19 result, he says: "We weren't able to close the deal. On election night there must have been a lot of sadness in my face."

But now Mulcair is focused on looking ahead, shaping the lines of attack the party will use against the Liberals in the House of Commons.



NDP leader Tom Mulcair SEAN KILPATRICK/THE CANADIAN PRESS

"The progressive opposition' is not just a slogan, it's a reality," he says. "The only party that's going to hold the Liberals to account on what they claimed were progressive policies is the NDP."

It will play to his strength, the cut-and-thrust in the House he "absolutely loves." During the election, Mulcair likened his race against Justin Trudeau to National Geographic going up against Vanity Fair.

How does it feel now, going up against Vogue? Mulcair snaps his head back and laughs. "Does the appearance factor in? Some of that, maybe," he says of the new prime minister.

"But maybe some of that is going to wear off between now and the next campaign if there's no follow-through in

some the fundamental (promises)."

Mulcair is also confident he'll weather his upcoming spring leadership review, saying he's honoured by the expression of support he's heard from members.

Besides, he's learned lessons about loyalty and patience from his decades in politics, with the Quebec Liberals and now the NDP.

"I remember my very first elected experience, I wanted to take down the Parti Quebecois like the first week. I remember (longtime Quebec Liberal MNA) Pierre Paradis putting his arm around my shoulder and saying 'it's going to take a little bit longer than that,'" he says.

"You've got to have a plan and stick to it."

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LA LOCHE

Bullying provoked shooting: Friend

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite their age difference, Montgrand said the two were close. "I do blame the bullying," Montgrand said.

The tall, thin 17-year-old wore an orange jumpsuit and had his legs and hands shackled as he was brought into a packed courtroom in Meadow Lake, a community about 350 kilometres south of La Loche.

Outside court, lawyer Ian Mokuruk said he was contacted on the weekend to represent the accused.

Asked about how his client was doing, he said: "He's upset. Much like his demeanour in court, he was not at all happy, which is understandable. It's a very tragic situation."

TORSTAR NEWS SERVICE

+ CHARGES

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.



New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

U.S. considers turning off falls

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side

of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

"You're looking at at least three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" proposals involves shutting the American falls down for five months and the other for seven months, Simons said.

The bridges were built in 1900 and 1901 and they have been refurbished in 1969, 1980, 2004 and 2013.

If "de-watering" occurs, it



The U.S. falls have been reduced to a trickle before. In 1969 engineers checked on erosion, and removed loose rock to strengthen faults in the foundation. NIAGARAFALLSLIVE.COM

wouldn't be the first time the falls went dry.

U.S. engineers diverted water away from the American falls for several months in 1969.

Engineers then strengthened faults in the falls' foundation to stem erosion.

The water-less falls in 1969 actually proved to be a tourism

draw and that could happen again, Simons said.

"They had a unique tourism opportunity when that happened," Simons said. "We think it would be a huge tourism draw (again). It would be a once-in-a-lifetime (opportunity)."

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

FIRST NATIONS

Advocates await child welfare ruling

Nine emotional years after she first challenged the federal government, First Nations child welfare advocate Cindy Blackstock is awaiting a ruling from the Canadian Human Rights Tribunal that will determine if Canada has discriminated against children on reserves.

Blackstock is the executive director of The First Nations Child and Family Caring Society of Canada, which filed the complaint with the Assembly of First Nations in 2007.

It argued the federal government failed to provide First Nations children the same level of

welfare services that exist elsewhere, contrary to the Canadian Human Rights Act. It said this was discrimination on racial grounds.

A lot has changed during the course of this fight, Blackstock said.

"When I look back nine years and I think about what's changed in the world, to give it some context ... Obama became the first ... African-American U.S. president and Prime Minister Harper came and went," she said. "But most importantly, a whole generation grew up ... nine years is such a long time in a child's life."

Aboriginal child welfare was one of the central issues flagged in the report of the Truth and Reconciliation Commission, which spent six years examining Canada's residential school legacy.

The Liberal government has committed to implementing all of the suggestions from the TRC, including an overhaul of child welfare, but Blackstock said she is keen to see action and noted the legally binding tribunal decision could take this out of the government's discretion. The ruling will be published online Tuesday. THE CANADIAN PRESS



Cindy Blackstock
THE CANADIAN PRESS FILE

IN BRIEF

Toronto officer guilty of attempted murder

A Toronto police officer was found guilty of attempted murder Monday in the shooting death of a troubled teen on an empty streetcar.

After six days of deliberations, an 11-member jury cleared Const. James Forcillo of the more serious charge of second-degree murder in the 2013 death of 18-year-old Sammy Yatim, an incident that sparked public protests in the city.

THE CANADIAN PRESS

Canada calls out Israel on construction of settlements

Israel's widely condemned practice of constructing settlements in territory claimed by the Palestinians faced gentle criticism Monday from a relatively unfamiliar source — the Canadian government.

Foreign Affairs Minister Stéphane Dion named both the construction of the Israeli settlements and the Palestinian pursuit of unilateral statehood recognition as impediments to peace.

THE CANADIAN PRESS

IN BRIEF

U.K. company criticized for migrant wristband policy

A private company that required asylum-seekers to wear red wristbands says it has dropped the practice after facing heavy criticism.

A statement from ClearSprings Ready Homes said it has decided to end the practice Monday. The policy had come under fire from legislators who warned it singled migrants out for possible harassment and abuse.

THE ASSOCIATED PRESS

U.S. grand jury absolves Planned Parenthood of wrongdoing

A Houston grand jury investigating undercover footage of Planned Parenthood found no wrongdoing Monday by the abortion provider but indicted anti-abortion activists involved in making the videos that provoked outrage among Republican leaders. THE ASSOCIATED PRESS

Cheap loans to ease aid gap for Syrian refugees

Faced with a chronic shortfall in Syria aid, the World Bank and other donors are promoting new ideas, including interest-free development loans for the hard-hit Middle Eastern countries hosting most refugees. THE ASSOCIATED PRESS

Cameroon: Four suicide attackers kill 35 people

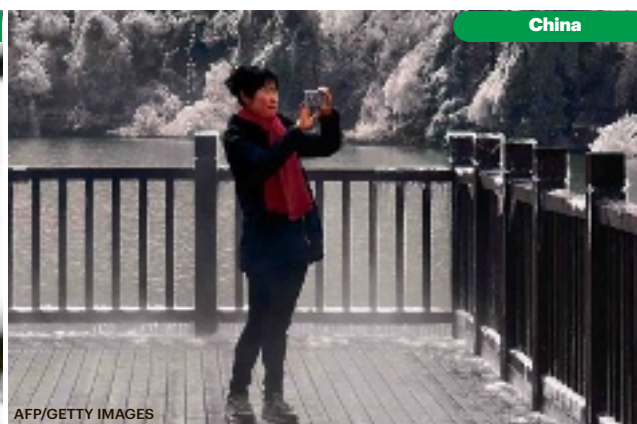
Four suicide bombers attacked a market and town on Monday in Cameroon's Far North region near the border with Nigeria, killing at least 35 people and wounding 65 others, officials said. Cameroon officials blamed the Nigeria-based extremist group Boko Haram for the attack, saying the assailants crossed over from Nigeria.

THE ASSOCIATED PRESS



WALLY SANTANA/THE ASSOCIATED PRESS

Taiwan



AFP/GETTY IMAGES

China



JIJI PRESS/AFP/GETTY IMAGES

Japan

East Asian cold snap blamed for 65 deaths

WEATHER

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years. Here is a look at the worst cold weather to hit the region in years:

TAIWAN

Temperatures in Taiwan's capital

of Taipei plunged to a 16-year low of 4 C, killing 57 mostly elderly people, according to government officials.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

MAINLAND CHINA

Most parts of mainland China experienced their coldest weather in decades over the weekend. The southern city of Guangzhou, which has a humid subtropical climate, saw snow on Sunday for the first time since 1967.

Temperatures fell 8 to 16 degrees from Thursday to Sunday

in parts of north China, and temperatures in central and eastern China were 6 to 8 degrees lower than average, news agency Xinhua said.

The National Meteorological Bureau forecast that temperatures would drop another 3-8 degrees on Monday.

JAPAN

Heavy snow in western and central Japan left five people dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident, another

man found under a snowplow and a couple that fell into an irrigation channel. The heavy snow stranded motorists, delayed bullet-train service and caused flight cancellations.

SOUTH KOREA

Temperatures in the capital Seoul fell to -18 C on Sunday, the lowest since 2001. On Saturday, Jeju Island received 12 centimetres of snow, the heaviest since 1984, forcing the airport to close.

The shutdown stranded 86,000 people, mostly tourists, on the island and forced the cancellations of about 1,100 flights, according to the Transport Ministry and airport officials. THE ASSOCIATED PRESS

REFUGEE CRISIS

Banksy critiques France

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play *Les Misérables* with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French embassy in Knightsbridge, London, overnight on Saturday, *The Guardian* reported.

It is the first time Banksy has made an interactive mural.

When passersby hold their phones over a QR code beneath the image, they are directed to a YouTube video of a nighttime raid on the Calais camp on Jan. 5.

Workers boarded up the mural, but the boards were removed shortly thereafter, the BBC reported. The mural has been damaged after attempts have been made to take it down.

This isn't the first time Banksy has tackled the refugee crisis.

In December, the artist depicted Apple founder Steve Jobs in a mural at the Calais camp itself. The image shows Jobs carrying a garbage bag over his shoulder and an early Apple computer. TORSTAR NEWS SERVICE



A new Banksy artwork displayed opposite the French embassy on Monday in London, England. GETTY IMAGES

EUROPE

New ISIL attacks are likely: EU police

Europe's top police agency issued a stark warning Monday: Islamic State of Iraq and the Levant (ISIL) extremists will keep attempting lethal attacks on soft targets in Europe as the militant group increasingly goes global.

Some two and a half months after suicide bombers and gunmen killed 130 people in Paris, the Europol agency said, "there is every reason to expect that ISIL, ISIL-inspired terrorists or another religiously inspired terrorist group will undertake a terrorist attack somewhere in Europe again, but particularly in



It is nearly impossible to exactly predict when and where the next terrorist attack will take place.

Europol report

France, intended to cause mass casualties among the civilian population."

The sobering conclusions reached by experts from the European Union's chief agency for law enforcement co-operation and EU member states make clear that many, perhaps virtually all in Europe, may be at risk. "Without reliable intelligence

on the intentions, activities and contacts and travels of known terrorists it is nearly impossible to exactly predict when and where the next terrorist attack will take place, and what form it will take," the Europol report said.

Hours before the report was issued, a new video was released by ISIL celebrating the killers

who carried out the Nov. 13 attacks in Paris — while threatening fresh bloodshed.

The grisly recording ends with one militant holding a severed head, footage of British Prime Minister David Cameron giving a speech, and an ISIL warning that whoever stands with the unbelievers "will be a target for our swords."

French Interior Minister Bernard Cazeneuve said the report did not go beyond previous warnings and was not intended to sow fear but "to look lucidly at reality." THE ASSOCIATED PRESS

HENRY WORSLEY

British explorer dies during Antarctic trek

A British adventurer attempting to become the first person to cross the Antarctic alone and unsupported has died after collapsing from exhaustion within miles of his goal.

Former army officer Henry Worsley was just 48 kilometres from the end of the almost 1,600-kilometre trek when he called for help and was airlifted off the ice Friday.

His family said Monday that Worsley, 55, died "following complete organ failure" at a

hospital in Punta Arenas, Chile. He had undergone surgery a day earlier for bacterial peritonitis — an infection of the tissue lining the abdomen.

Henry Worsley decided to abandon his journey Friday after being unable to leave his tent for two days.

Prince William, a patron of the expedition, said he and his brother, Prince Harry, had lost a friend. "We are incredibly proud to be associated with him," William said. THE ASSOCIATED PRESS

LOTTERY WINNINGS

What to do with a jackpot

When it comes to buying lottery tickets, players put plenty of thought into picking their numbers. But how much goes into the plan if they actually win? Here's what financial experts say you should do next:

1 Cool off for 30 days:

That's the suggestion of Larry Moser, regional manager with BMO Investor Line, who says the prize announcement can wreak havoc on your personal life.

2 Get professional help:

Find a lawyer or financial adviser to help structure a financial plan.

3 Calculate income needs:

A financial plan will help you determine how much money you need to maintain the lifestyle you want to lead.

4 Sort out giveaways:

With family and friends, one idea is a one-time only gift, says Ted Rechtshaffen, president and CEO, TriDelta Financial. For charities, he recommends setting up a charitable foundation to generate tax credits.

5 Invest tax-efficiently:

Investments can range from a diverse equity portfolio to a permanent life insurance policy, which allows you to grow your money tax-free.

TORSTAR NEWS SERVICE



SUPER BOWL RESIDENTS CHARGE SKY-HIGH RENTS

Therese Lehane, playing with her dog outside her house in San Jose, Calif., is renting out two of her rooms to Super Bowl news crews. In the San Francisco Bay Area, where high rents are legend, residents looking to make a quick buck are offering their homes at super-sized prices to the one million visitors expected for the Super Bowl festivities. A luxury 8,500-square-foot home is listed for \$10,000 US a night, while a 400-square-foot cottage is going for \$3,900 US for the three-night weekend. A four-bedroom apartment near "Super Bowl City" is listed at \$1,495 US a night, with a minimum six night stay. And a treehouse for two in a 150-year-old oak tree a half hour drive from downtown is going for \$495 US a night. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

IN BRIEF

McDonald's sales rise

McDonald's, fighting to win back customers, says offering breakfast around the clock helped jolt its sales which rose 5.7 per cent in the U.S. for the final three months of 2015. It was its best showing since early 2012.

THE ASSOCIATED PRESS

Medical pot prices cut

Licensed marijuana producer Bedrocan is slashing the price of all six of its medical cannabis strains to \$5 a gram, citing a desire to make medicine more affordable for patients. The products previously cost \$7.50 a gram.

THE CANADIAN PRESS

Walmart ending free bags

Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic that ends up in landfills. Reusable bags will be available for a discounted rate of 25 cents each.

THE CANADIAN PRESS

Too soon to close door on TPP deal: Freeland

TRADE

Canada has two years to ratify accord after signing

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying.... Signing is simply a technical step in the process, allowing the TPP text to be

tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added. She has also requested a thorough, transparent study of the agreement by parliamentary committee. Freeland said each country



Chrystia Freeland

THE CANADIAN PRESS

has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as a potential full partner in the agreement.

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

THE CANADIAN PRESS

market minute

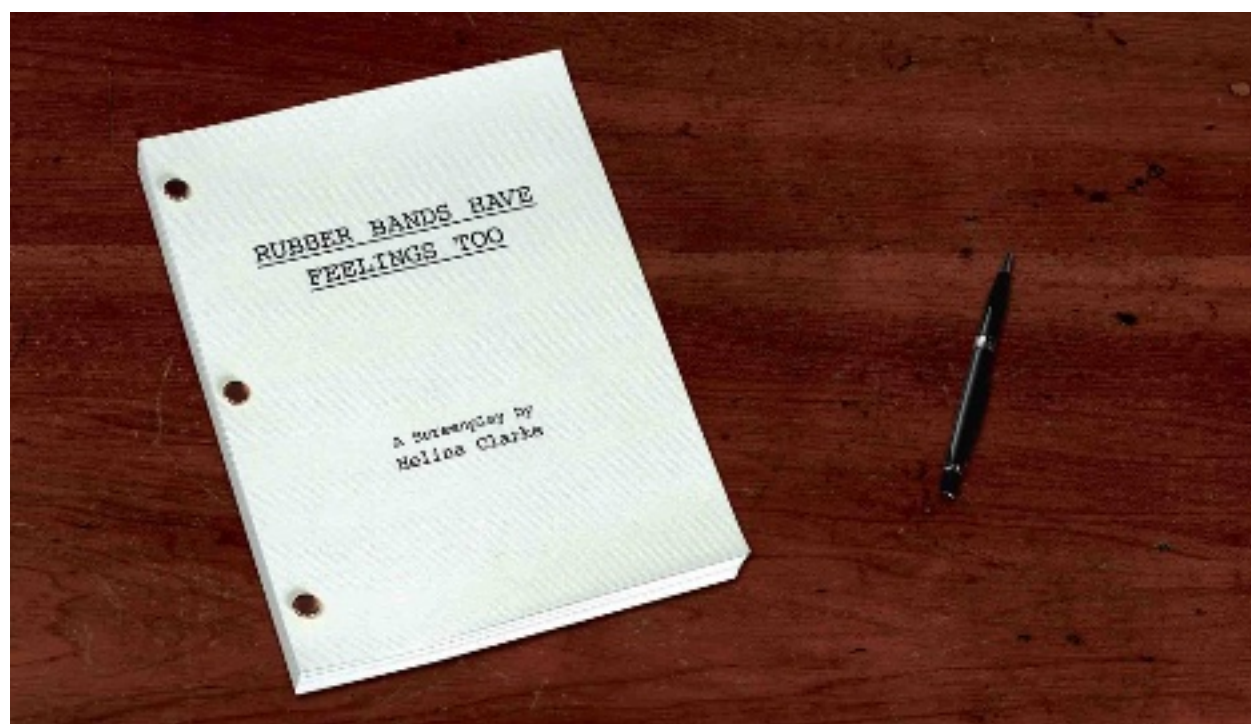
DOLLAR
70.08¢ (-0.59¢)

TSX
12,143.16 (-246.42)

OIL
\$30.34 US (-\$1.85)

GOLD
\$1,105.30 US (+\$9)

NATURAL GAS: \$2.155 US (+1.4¢)
DOW JONES: 15,885.22 (-208.29)



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ROSEMARY WESTWOOD

metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his tweets were "within the law,"

should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "we suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, block and mute users and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet.

Metroland Media announced Monday the Guelph Mercury will close its print edition and let go of 26 full-time and three part-time employees. The Toronto Star announced plans in January to close and outsource its printing plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).

Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.

La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.

Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER

\$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt. Last week's cuts were just one part of a plan to shave \$80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about \$60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from \$2.7 billion in 2008 to \$1.7-billion by 2017 — a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.

SOURCE: REPORT ON BUSINESS

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Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark
Metro | Canada



When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, *Reasons to Stay Alive* (HarperCollins, \$19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of *The Radleys* and *The Humans* admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative secur-

ity of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

Haig needn't have worried. Although the book was released in Canada just last week, *Reasons to Stay Alive* launched a year ago in Britain where it became a Sunday Times best-seller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

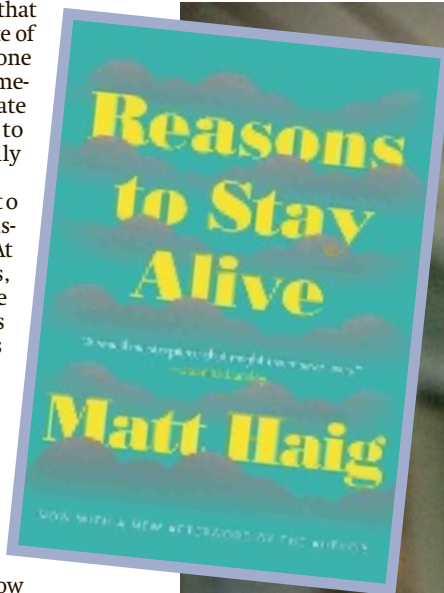
While the narrative thread of the book follows how Haig triumphed over his illness, *Reasons to Stay Alive* takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference

to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE



Author Matt Haig opens up about his depression in *Reasons to Stay Alive*. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."



Greenpeace is urging all outdoor apparel companies to join its Detox My Fashion campaign that aims to quickly remove hazardous chemicals from the textiles industry. ISTOCK

ENVIRONMENTAL HAZARD

Most outdoor gear carries toxins: Study

Greenpeace said Monday that hazardous chemicals were "widely present" in a range of outdoor gear it tested, from clothing and footwear to backpacks, tents and sleeping bags.

The study showed toxic chemicals are "still widely present in products by brands such as Jack Wolfskin, The North Face, Patagonia, Mammüt, Norrona and Salewa, especially in the production of footwear, trousers, sleeping bags and some jackets," said the report.

PFCs are used to add waterproof and dirt-repellent finish-

es to outdoor apparel, but are hazardous to the environment and human health, said the environmental activist group.

"Once released into the environment most PFCs break down very slowly. They can remain in the environment for many years after their release and are dispersed over the entire globe," the report said.

The pollutants have been found in secluded mountain lakes and snow, can accumulate in the livers of Arctic polar bears and be detected in human blood, the report said.

36 of 40

Greenpeace said out of 40 products tested, only four were free of per- and polyfluorinated chemicals (PFCs).

Greenpeace said studies had shown that some PFCs "can cause adverse impacts ... on the reproductive system and the immune system, as well as being potentially carcinogenic

in animal tests".

The group said an independent laboratory had tested 11 jackets and eight trousers, seven pairs of shoes, eight backpacks, two tents, two sleeping bags, one climbing rope and one pair of gloves.

The four products that did not contain PFCs were jackets by Vaude and Jack Wolfskin, a backpack by Haglöfs and a pair of gloves by The North Face, said Greenpeace, adding that this showed it is possible to produce outdoor gear without PFCs. AFP

Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meghan Grant, co-owner of Toronto Family Doulas which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given the potential benefits.

But despite the growing popularity of placenta pills,

none of the limited amount of scientific research available shows any benefits from the practice.

A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

None of the studies looked into the possible risks of ingesting the organ.

"There's really no research in humans of any benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital. "And we don't have any safety data either."

Selk says women should consider the limited research and possible risks.

"When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta pills are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk.

"We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE



Some new moms make art out of their placenta, while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

+ FAST FACTS

Are placenta pills vegetarian-friendly?

The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta, as one would a steak, or add it to a smoothie.

Parting with your placenta

Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing new moms creative ways to use this life-giving organ.

Afterbirth artwork

Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta

Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth, or on their child's birthday — to provide nutrients for a newly-planted tree.

Turn it into a tincture

A placenta tincture service offered by certain doulas involves taking a piece of the raw placenta and steeping it in alcohol, creating a placenta infusion that's ingested by adding a dose with a dropper into water.

Just eat it

It's not for the squeamish, but some women opt to eat their placenta cooking it and using it as a substitute for meats in certain dishes or blending it into smoothies. TORSTAR NEWS SERVICE

+ HEALTH BRIEFS

Woman starts website for hair pulling disorder

A Winnipeg woman has launched a website that hopes to offer help to thousands of people who have a little-known condition called Trichotillomania. Tenesha Lawson says the mental health condition causes people to pull hair out of their bodies.

Lawson has lived with the condition since she was 11 years old.

She didn't know what it was until she was diagnosed four years ago, add-

ing her parents just thought it was "an icky habit."

Psychologist Toby Rutner says it's considered a former of obsessive compulsive behaviour and can be triggered by stress.

He says the sufferer ends up pulling hair from their eyebrows, eyelashes or other parts of their body.

"The night before my wedding, I pulled so much hair out," says Maria Funk, who also lives with Trichotillomania.

"I wanted to be so beautiful for my wedding ... it's

tough."

Adding to the stress of Funk's condition was a feeling of isolation.

"No one understands it, because there's no one in my family that had it," she says. "So I couldn't relate to anyone."

Funk is no longer alone, thanks to Lawson's website called Dear Trich, which serves as a place for people to share personal stories and support each other.

"The project was to heal with stories," says Lawson.

THE CANADIAN PRESS

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THIS WEEK: The Four Types Of Teeth And Their Functions In Your Mouth

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins

This Stone ain't rollin'

SENATORS

Winger mired in seven-game pointless streak

Mark Stone can't help but shake his head these days.

The Ottawa Senators winger is mired in the longest pointless streak of his career and is at a loss to understand what's going wrong. Stone has failed to get a point in his last seven games, and has just one goal and one assist in his last 13.

Senators coach Dave Cameron said the 23-year-old is creating chances and doing everything possible to score, but just can't seem to catch a break.

"I thought the last two games he was as good a player as there was on the ice for either team," Cameron said. "In this business we talk about resilience and balance and that there's no guarantees.

"You can do everything right and not score whether it's a good goalie or a post or whatever so don't concentrate on the result, concentrate on the process and I've really liked his process the last two games."

Stone feels he's playing well enough, but knows he's counted on to provide offence and can't help but feel some pres-

sure. He understands players go through slumps, but living through one personally is frustrating.

"Everybody goes through stretches where you can't miss and then you go through stretches where you can't score," Stone said. "Unfortunately right now is one of those times where I just can't get one in. It's frustrating when you're struggling, but you just have to work your way out of it."

Not overly superstitious, Stone says he's not trying to do anything all that different other than using white tape on his stick these days. Stone broke two sticks in practice Monday and he's hopeful the new ones might prove lucky.

While Stone's production seems low he's not that far off last year's numbers. After 47 games, Stone has 11 goals and 33 points. Last year at the same time Stone had 12 goals and 28 points, but he excelled down the stretch scoring 14 goals and picking up 22 assists and was one of the Senators' best players.

"I feel like I'm playing pretty well right now, last couple games especially, I thought I created some pretty good chances not only for myself, but for my teammates," Stone said. "If the team can continue to play like we did last game the



Cal Clutterbuck of the Islanders knocks Senators right-winger Mark Stone to the ice on Friday night at the Canadian Tire Centre. ADRIAN WYLD/THE CANADIAN PRESS

chances will continue to come."

The Senators host the Buffalo Sabres on Tuesday in their last game before the all-star

break, and will likely face former teammate Robin Lehner in goal.

This will be Lehner's first

appearance at Canadian Tire Centre since being traded to the Sabres in June 2015.

THE CANADIAN PRESS

IN BRIEF

Graham James granted day parole in Quebec

Graham James, the disgraced former junior hockey coach who sexually abused several players under his watch more than two decades ago, was granted day parole Monday.

James, 62, appeared before the National Parole Board at a federal prison in Laval, Que.,

where the ruling was handed down after a four-hour hearing.

He is currently serving a seven-year sentence

for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League.

James, who was seeking full parole, has been convicted of sexually assaulting six of his former players hundreds of times during that period.

THE CANADIAN PRESS



Graham James
THE CANADIAN PRESS FILE

Suspicious betting linked to mixed doubles match

Players involved in a mixed doubles match at the Australian Open said Monday they were interviewed by the Tennis Integrity Unit after a newspaper reported it had attracted suspicious betting patterns.

According to The New York Times report, the gambling website Pinnacle Sports said it had received an unusual spike in bets for Lukasz Kubot and Andrea Hlavackova to beat David Marrero and Lara Arruabarrena, causing it to suspend betting before the teams played on Sunday.

All players identified in the newspaper report rejected any possibility of fixing in the match, which was won by Kubot and Hlavackova 6-0, 6-3.

Kubot said Monday "we give 100 per cent of that match" and he believed his opponents "were trying 100 per cent."

THE ASSOCIATED PRESS

NFL

Manning \$2M richer

Peyton Manning earned back half of the \$4 million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

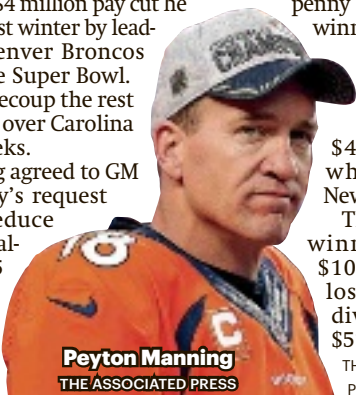
Manning agreed to GM John Elway's request that he reduce his 2015 salary to \$15 million. But he did so with the caveat

that he could earn back every penny by getting to and winning Super Bowl 50.

Each member of the Broncos earned \$46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get \$102,000 and the losing team's individual share is \$51,000.

THE ASSOCIATED PRESS



Peyton Manning
THE ASSOCIATED PRESS

IN BRIEF

MLB clears Yu Darvish of any wrong doing

A person familiar with the investigation says Major League Baseball has determined that Texas Rangers pitcher Yu Darvish had no role in any of the activities that led to the arrest of his brother in Japan for allegedly running an illegal gambling ring. MLB was looking into the October arrest of Sho Darvish as part of standard protocol and not investigating the pitcher, the source said Monday. THE ASSOCIATED PRESS

THOMAS DAVIS

Broken arm, still Super Bowl-bound

All-Pro linebacker Thomas Davis had surgery Monday morning on his broken right forearm, but is expected to play in the Super Bowl on Feb. 7.

Head coach Ron Rivera said the 11-year NFL veteran may need to wear a brace on his arm similar to the one worn by New England Patriots tight end Rob Gronkowski.

Davis broke his arm in the second quarter of Carolina's 49-15 win over the Arizona Cardinals on Sunday in the NFC

"If everything goes well it is something he can mostly certainly play with."
Head coach Ron Rivera

championship. Davis said after the game he fully expected to play in the Super Bowl in about two weeks.

THE ASSOCIATED PRESS

RECIPE Black Bean Burgers



PHOTO: MAMA VASINYEI

Ceri Marsh & Laura Keogh For Metro Canada

Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

- Ingredients**
- 2 x 14 oz cans of black beans, rinsed
 - 1 egg
 - 1/4 cup of panko or regular bread crumbs
 - 2 tsp cumin
 - 1 tsp dried oregano
 - 1/4 tsp cayenne
 - 1/4 cup fresh cilantro
 - 3 Tbsp oil

Directions

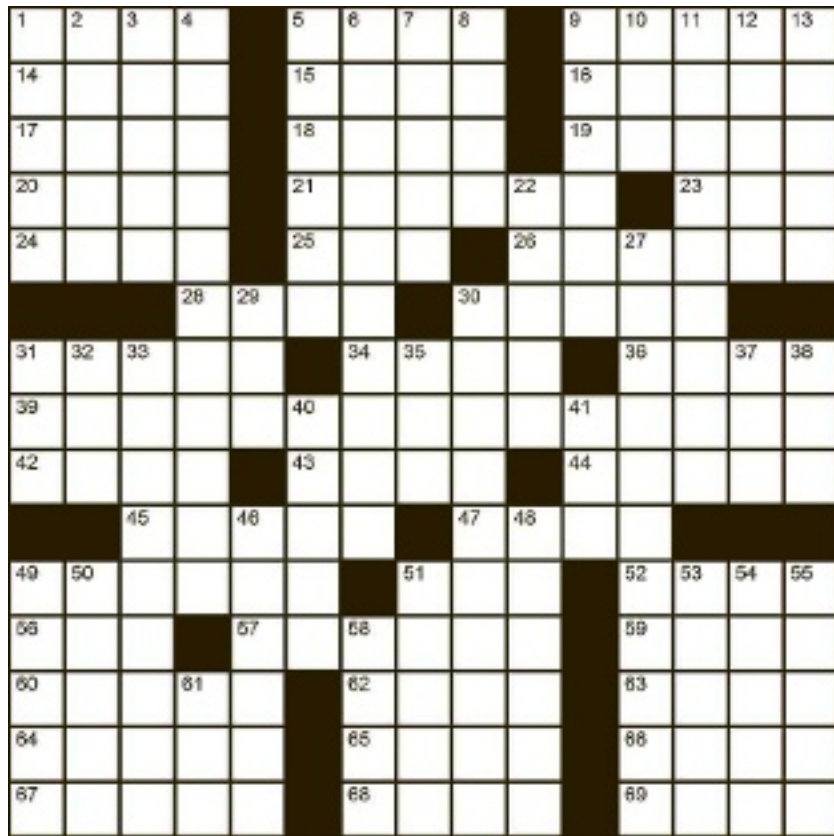
1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.
2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.
3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Requiring-directions reason
5. ___ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. ___-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes



56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible

65. Coastal bird, variantly
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

DOWN

1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest

5. Nearer
6. Make an expired membership usable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party
10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __, Ship of State!" - Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __, whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeww!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy __ (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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